

Menu May Secondary

=Pork =Milk =Chicken =Fish =Beef =Vegetarian

Egg = 1
Gluten = 2
Lupin = 3
Milk(lactose) = 4
Mustard = 5
Nuts = 6
Peanuts = 7

Crustaceans = 8
Celery = 9
Sesame = 10
Soya = 11
Fish = 12
Molluscs = 13
Sulphites = 14



Always inform the chef if you have a (severe) allergy

Monday 08-05

Pasta carbonara with bacon, onion, garlic, parsley and parmesan cheese. Served with a salad of lettuce, tomato, carrot and cucumber.
Contains: 1, 2, 3, 4, 14

Tuesday 09-05

Meatball with mashed potato with leek, white cabbage, spring onion and gravy.
Contains: 2, 3, 4, 14

Wednesday 10-05

Chicken curry with yellow rice, red lentils, onion, bell pepper, carrot, leek, ginger, curcuma, coriander, garlic and coconut milk.
(May contains: 14)

Thursday 11-05

Fish sticks with potato croquettes, peas and carrots.
Contains: 4, 12 (May contains: 1,2,3,10,14)

Friday 12-05

Nasi with chicken, leek, onion, white cabbage, peas, bean sprouts, coriander, curcuma, cumin, ginger and garlic. Served with prawn crackers and fried onions. Contains: 8, 12 (May contains: 14)

Monday 15-05

Pasta with salmon, spinach, onion, leek, garlic and cream.
Contains: 2, 3, 4, 12, 14

Tuesday 16-05

Cordon blue with baked potato and green beans
Contains: 1, 2, 3, 4, 14

Wednesday 17-05

Paella with seafood, rice, peas, bell pepper, onion, parsley and garlic.
Contains: 8, 12, 13, 14 (May contains: 3)

Thursday 18-05 School closed for holidays

Friday 19-05 School closed for holidays

**(we always make sure that there is a replacement for beef, pork or fish and a vegetarian option)
(changes to the menu can occur)**

Menu May Secondary

=Pork =Milk =Chicken =Fish =Beef =Vegetarian

Egg = 1
Gluten = 2
Lupin = 3
Milk(lactose) = 4
Mustard = 5
Nuts = 6
Peanuts = 7

Crustaceans = 8
Celery = 9
Sesame = 10
Soya = 11
Fish = 12
Molluscs = 13
Sulphites = 14



Always inform the chef if you have a (severe) allergy

Monday 22-05

Pasta alla Norma with tomato sauce, eggplant, basil and ricotta.
Contains: 3, 4, 14

Tuesday 23-05

Taco's with minced meat, onion, bell pepper, kidney beans and corn. Served with a salsa of tomato, onion and basil.
Contains: 2, 3, 14 (May contains: 4, 11)

Wednesday 24-05

Risotto with pumpkin, onion, leek and parmesan cheese.
Contains: 4 (May contains: 2, 3)

Thursday 25-05

Red Thai curry with gambas. Rice, gambas, white cabbage, carrot, broccoli, bean sprouts, shiitake, coriander, ginger, lemon grass and coconut milk.
Contains: 8, 14

Friday 26-05

Lasagna with minced meat, tomato, onion, carrot, leek, bell pepper, celery, cheese and garlic. Served with a mixed salad of lettuce, tomato, cucumber and carrot.
Contains: 2, 3, 4, 9, 14 (May contains: 1, 11)

Monday 29-05 School closed for holidays

Tuesday 30-05

Hamburger with frites and coleslaw
Contains: 1, 2, 3, 4, 10, 14

Wednesday 31-05

Stir-fried noodles with chicken, leek, carrot, white cabbage, shiitake, bean sprouts, paksoi, onion, coriander with a sauce of soya-teriyaki.
Contains: 2, 3, 11, 14

Thursday 01-06

Chili con carne. Minced meat with rice, onion, kidney beans, tomato, tomato sauce, bell pepper and garlic. With a salad of lettuce, tomato, cucumber and carrot.
Contains: 14, (may contains traces of: 3)

Friday 02-06

Casserole with puff pastry, tuna, tomato, leek, bell pepper, black olives and onion.
Contains: 2, 3, 12, 14 (may contains traces of: 1, 4)

**(we always make sure that there is a replacement for beef, pork or fish and a vegetarian option)
(changes to the menu can occur)**